

# Skill level requirements

Athletes must perform at least 2 of the standing tumbling passes and 2 of the running tumbling passes with correct technique. Coaches reserve the right to place an athlete on a team above their tumbling level if deemed necessary.

level 1	level 2	level 3
<ul style="list-style-type: none"><li>• cartwheel-back walkover series</li><li>• back walkover series</li><li>• front walkover-cartwheel-back walkover</li><li>• back walkover switch leg</li><li>• valdez</li><li>• front walkover-front walkover</li></ul>	<ul style="list-style-type: none"><li>• back walkover-back handspring/step out</li><li>• back handspring step out-back walkover-back handspring</li><li>• valdez-back handspring</li><li>• back walkover switch leg-back handspring/step out</li><li>• round off BHS series</li><li>• front walkover-round off-back handspring</li><li>• cartwheel/roundoff-back handspring step out-back walkover-back handspring</li></ul>	<ul style="list-style-type: none"><li>• standing back handspring series</li><li>• toe touch- BHS-BHS</li><li>• BHS-jump-BHS</li><li>• BHS step out- BHS series</li><li>• roundoff BHS tuck</li><li>• front walkover-RO-BHS-tuck</li><li>• front walkover-aerial</li><li>• roundoff-back handspring step out- ½ turn- roundoff- back handpring-tuck</li></ul>
<ul style="list-style-type: none"><li>• basic knowledge of stunting</li><li>• below prep/ braced prep level stunts</li><li>• correct body positions for flyers</li></ul>	<ul style="list-style-type: none"><li>• knowledge in stunting</li><li>• 2 leg extension</li><li>• prep level 1 leg stunt</li><li>• ½ up to extension</li><li>• correct body positions/body control for flyers</li></ul>	<ul style="list-style-type: none"><li>• above average knowledge in stunting</li><li>• extended 1 leg stunt</li><li>• full up to prep level 1 leg stunt</li><li>• full up to 2 leg extension</li><li>• excellent body positions and control for flyers</li></ul>
<ul style="list-style-type: none"><li>• connect 2 jumps (toe touch, pike, hurdlers)</li></ul>	<ul style="list-style-type: none"><li>• connect 2 jumps (toe touch, pike, hurdlers) with correct motions/ technique</li></ul>	<ul style="list-style-type: none"><li>• connect 2 jumps (toe touch, pike, hurdlers) with correct motions/technique</li></ul>

# Age grid (birth year)

Tiny	2018-2020
Mini	2016-2020
Youth	2013-2019
Junior	2009-2018
Senior	6/1/2006-2013

# Practices

- Practices are mandatory. The success of the team depends on full participation!
- Practice will be held once a week in the summer (2 hrs) and twice a week starting in August (2 hrs each practice day). 1 practice will be during the week and 1 will be on Sunday.
- Each athlete will receive 2 unexcused absences until August and 3 unexcused absences from August until the end of the season. Additional unexcused absences could lead to removal from the team.
- If an athlete has an unexcused absence in the 2 weeks before competition, the athlete could be removed from the team.
- Choreography will be at a separate time and is mandatory. If an athlete misses choreography, then they may be dismissed from the team.